Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

- (currently amended) An absorbent tampon comprising an absorbent structure, <u>said</u>
 <u>absorbent structure comprising absorbent material</u> consisting essentially of <u>hydrothermally</u>
 <u>treated</u> lyocell fibers, the tampon having a density of about 0.3 to about 0.5 g/cm³ and a
 Syngyna Absorbency of at least about 4.4 g/g.
- 2. (original) The absorbent tampon of claim 1 wherein the Syngyna Absorbency is at least about 5 $\rm g/g$.
- 3. (withdrawn) A fibrous structure comprising lyocell fibers capable of being formed into a random fibrous plug having a mass of 2 g, a density of 4 g/cm³, and a diameter of 25 mm which has a GAT Absorbency (at 15 min.) of at least about 3.7 g/g.
- 4. (withdrawn) The fibrous structure of claim 3 wherein the lyocell fibers are capable of being formed into a random fibrous plug having a mass of 2 g, a density of 4 g/cm³, and a diameter of 25 mm which has a GAT Absorbency (at 15 min.) of at least about 4 g/g.
- 5. (withdrawn) The fibrous structure of claim 3 which further comprises additional fibers.
- (withdrawn) The fibrous structure of claim 5 wherein the additional fibers comprise absorbent fibers.
- (withdrawn) The fibrous structure of claim 5 wherein the additional fibrous material comprises non-absorbent fibers.
- 8. (withdrawn) The fibrous structure of claim 3 which further comprises additional materials

- (withdrawn) The fibrous structure of claim 8 wherein the additional materials comprise materials selected from the group consisting of foam, hydrogel, superabsorbent, and combinations thereof.
 - 10. (withdrawn) A method for increasing the absorbency of lyocell fibers, comprising: (a) hydrothermally treating the lyocell fibers with water at a temperature of at least about 60° C for about one to sixty minutes; and
 - (b) drying the treated lyocell fibers to a moisture content of less than about 20 wt-%;
 - wherein the treated lyocell fibers are capable of being formed into a random fibrous plug having a mass of 2 g, a density of 4 g/cm^3 , and a diameter of 25 mm which has a GAT Absorbency (at 15 min.) of at least about 3.7 g/g.
- 11. (withdrawn) The method of claim 10 wherein the water has a temperature of about 80° C to about 100° C.
- 12. (withdrawn) The method of claim 10 wherein the water comprises ionic material and the fibers are treated at a temperature of about 90° C to about 110° C.
- 13. (withdrawn) The method of claim 10 wherein the fibers are treated with boiling water.
- (original) The absorbent tampon of claim 1, further comprising glycerol monolaurate.
- (currently amended) The absorbent tampon of claim 1, wherein the absorbent structure of claim 1, further comprises comprising gyleerol glycerol monolaurate.